

# HANDWASHING

In order to prevent transmission of disease, Caregivers and Children need to wash their hands often, using good techniques. They need to wash their hands after going to the bathroom, after the diapering process, after helping a child with toileting, before preparing food, after handling raw meat, before a change of activities, before eating, after playing out of doors, and after nose blowing.

## GOOD TECHNIQUES ARE SIMPLE:



**1. Wet the hands thoroughly.**

**2. Apply soap and work up a good lather. (NOTE: Wash between the fingers, under the nails, and up the wrists. The hands should be washed thoroughly for at least twenty seconds.)**



**3. For cleaning under the nails, a nailbrush is recommended.**

**\*Nails should be kept short especially if the caregiver works in areas where diapering and/or potty training occurs.**



**\*Rings, except smooth bands, should not be worn while the caregiver is working. If rings are worn, the rings need to be cleaned with a brush.**



**4. Hands must be rinsed thoroughly.**

**5. After drying their hands, children and caregivers need to turn off the faucets with a paper towel.**



**6. Caregivers should apply lotion to their hands in order to keep them smooth. This will help prevent cracks and crevices, where bacteria and fungus could grow.**



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